

Location: Caswell County Senior Center
Activities: 10:00 AM
Luncheon: 11:30 AM

February 2022

Senior Center Golden Friends

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Playing The Match Game	2. Work Out Wednesdays	3. Join Us For Painting With Carol!	4. Word Puzzle Day
7.	8. What Is Heart Health Month?	9. UNO Day	10. Happy Birthday Bingo!	11. Let's Color To Relax
14.	15. What is Your Favorite Valentine Candy?	16. Let's all Wear Red For Heart Health Month	17. Let's Perform a Random Act of Kindness Day	18. Let's Celebrate National Caregivers Day!
21.	22. What Foods Are Considered Heart Health Foods?	23. Let's Color To Relax	24. Black History Trivia Day	25. How Well Do You Know The Presidents?
28.	Bingo Day			Call 694-7447 For Additional Information



GOLDEN CORRAL LUNCH MENU – 2020/2021: FALL/WINTER

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FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Meatloaf (Oven Roasted Chicken w/ Gravy) Vegetable Medley Peaches Rice Dinner Roll	2 Glazed Baked Ham (BBQ Chicken) Green Beans Applesauce Macaroni & Cheese Slice Wheat Bread Cookie	3 Turkey Pot Pie (Meatballs & Gravy) Vegetables in Pot Pie Fruit Salad Plain Rice Dinner Roll	4 Pot Roast (Fish Patty) Carrots Orange Juice Mashed Potatoes Cornbread Pudding
	7 Hamburger (Chicken Sandwich) Coleslaw Hot Applesauce Baked Beans	8 Baked Spaghetti (Chicken Parmesan) Spinach Orange Pineapple Juice Dinner Roll Cookie	9 Beef Pot Pie (Chicken Pot Pie) Garlic Broccoli Peaches Mashed Potatoes Dinner Roll Cookie	10 Carved Turkey (Salisbury Steak) Vegetable Medley Orange Juice Rice Pilaf Slice Wheat Bread
	14 Smothered Chopped Steak (Herb Baked Chicken) Peas & Carrots Grape Juice Red Potatoes Slice Wheat Bread Cookie	15 BBQ Chicken (Glazed Ham) Collard Greens Pears Macaroni & Cheese Cornbread	16 Fish Patty (Pot Roast) Green Bean Casserole Orange Juice Mashed Potatoes Dinner Roll Jello	17 Chicken & Dumplings (Pork Loin) Carrots or (Black-eyed Peas) Applesauce Sweet Potato Casserole Dinner Roll
	21 Beef Stroganoff (Oven Roasted Chicken) Turnip Greens Orange Pineapple Juice Penne Pasta or (Red Potatoes) Cornbread Cookie	22 Macaroni & Cheese w/ Ham (Beef Pot Pie) Pinto Beans Broccoli Dinner Roll Cookie	23 Chef's Chicken (Meatloaf) Green Beans w/ Onions Orange Juice Mashed Potatoes Dinner Roll Cookie	24 Pork Loin Tips (Chopped Sirloin Steak) Broccoli Fruit Cocktail Penne Pasta Cornbread
	28 Spaghetti & Meatballs (Honey Mustard Chicken) Vegetable Medley Peaches (Sweet Potato Casserole) Dinner Roll Jello			25 Baked Chicken (Smothered Sirloin Steak) Steamed Cabbage Peaches Sweet Potato Italian Bread